

ABSTRACT OF THE DISCLOSURE

The present invention provides a method of treating
5 auto-immune diseases in an animal comprising the step of orally
administering a type one interferon to said animal. Also provided is
a method of reducing inflammation associated with an auto-immune
disease in an animal comprising the step of orally administering a
type one interferon to said animal. Further provided is a method of
10 decreasing the levels of a cytokine in an individual having multiple
sclerosis, comprising the step of orally administering a type one
interferon to said individual, wherein said cytokine is selected from
the group consisting of TGF- β , IL-2, IL-10, IFN- γ and the
inflammatory soluble serum marker ICAM-1. In addition, the
15 present invention provides a method of decreasing the incidence of
insulin-dependent diabetes mellitus in at-risk populations,
comprising the step of orally administering ~~IFN~~^{IFN}- α to individuals of
said at-risk population.